

GRAPEVINETM

VISITACION VALLEY

ISSUE #68

SERVING OUR COMMUNITY

MARCH 1992

Annual S.F. Examiner Spelling Bee at Visitacion Valley Elementary



The School is proud to present the grade level champions (left to right): Natalia Aldana, 1st grade; Bernadette Aspuria, 4th grade; Angela Lin, 3rd grade; Carol Hung, 5th grade and School Champion; Jasper Sihoe, kindergarten; Deepa Deo, 2nd grade. Congratulations to them all, and especially to Jasper, our Kindergarten superstar who can spell words with 6 or more letters, and Carol who will represent the School to compete in the Citywide Spelling Bee contest.

ASSEMBLY SPEAKER BROWN INTRODUCES NEEDLE EXCHANGE BILL

Assembly speaker, Willie L. Brown Jr. (D-San Francisco) introduced AB 2525, a measure to slow the spread of the AIDS virus by setting up carefully-controlled needle exchange pilot programs upon the request of local officials.

"The entire San Francisco community agrees that this bill will be an effective tool to fight the deadly spread of the AIDS virus," Brown said. "The Mayor, the Board of Supervisors, the Health Commission, and a host of community leaders have endorsed this legislation."

"The bill amends the law to allow pharmacists, physicians, surgeons, and other authorized persons to distribute clean needles and syringes as part of a pilot project which must meet stringent requirements. A project would be authorized for three years but could be terminated at any time if the local health officer found that it was having a detrimental effect on public health."

"Clean needle exchange programs, and I emphasize exchange, have proved to be an effective tool in lessening the risk of HIV infection among intravenous drug users," Brown said. "Under AB 2525's provisions, a clean needle would not be provided unless a needle is returned."

As of September 1991, 32 percent of the nearly 196,000 reported cases of AIDS in the United States were attributed to the use of dirty needles to inject drugs, according to the San Francisco Department of Health. A Yale University study of a needle exchange program in New Haven, Conn., estimated that the program would reduce HIV (Human Immunodeficiency Virus) transmissions by 33 percent.

Under the provisions of AB 2525 and a companion measure to be introduced in the State Senate by Sen. Diane Wat-

son (D-Los Angeles), a pilot needle exchange project could be established only upon the request of appropriate city or county officials, including local public health officers.

The legislation requires community involvement in the development of each proposed pilot project. Each project would require voluntary and anonymous HIV testing, counseling, partner notification and early intervention services.

The City and County of San Francisco and the San Francisco AIDS Foundation are co-sponsors of the bill.

WHAT THE BILL DOES

- Allows local jurisdiction to establish a 3-year clean needle exchange pilot program, upon approval by the Department of Health Services;
- Allows the furnishing of clean needles and syringes as part of an authorized pilot project. The bill does not decriminalize possession by the drug addict.
- Requires community involvement in developing and assessing proposed pilot projects.
- Requires each pilot project to be part of a comprehensive HIV prevention program. Projects would be linked to voluntary and anonymous HIV testing, counseling, partner notification and early intervention programs.
- Contains "poison pill" language that requires the local health officer to terminate the project if he or she finds that the project is increasing drug use or the spread of HIV infection.

WHY THE BILL IS NECESSARY

- California is one of only 11 states that make it a crime to furnish needles without a prescription and one of seven

that does not waive this prohibition within the context of an HIV prevention program.

A successful clandestine needle exchange program has been operating in San Francisco since 1988. It is run by a group of volunteers called "Prevention Point," who exchange thousands of needle a year.

Current law prevents the City of San Francisco from providing needles to the program. It can provide only safe disposal containers, cotton swabs, rubbing

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TEENS GET PAID TO CLOWN AROUND THIS SUMMER

Bay Area teens can earn money by running away with the circus this summer -- and they don't even have to leave home. MAKE*A*CIRCUS is accepting applications now for the 1992 Teen Apprentice Program, with free circus skills classes beginning April 21, 1992 in San Francisco.

All interested teens aged 14 and up attend free classes two afternoons a week for ten weeks (through June 25), where they learn juggling, tumbling, stiltwalking, clowning, face painting, crowd control, working with children, and more. The 1992 teen apprentices will be chosen at the end of the workshops, and the five selected teens receive a summer job with MAKE*A*CIRCUS and the opportunity to perform in Bay Area parks with the Summer Festival Day Tour.

MAKE*A*CIRCUS is a free, outdoor, participatory professional circus theater which has performed its Summer Festival Day Tour annually in more than 50 communities throughout California for the past 18 years.

ONE NEAT SCHOOL!

All of the 315 students from El Dorado Elementary School met to clean up a section of Ocean Beach (Taraval Street Entrance) on Friday, February 28, 1992 from 9:30 to 11:30 A.M.

El Dorado School's trash pick-up escapade will culminate the school's week long study of various ocean habitats. El Dorado's teachers hope that this event will teach their students the importance of keeping our beaches clean -- both for human life and sea life.

Watch the April Grapevine for pictures and a write-up of this great event, which was a little too late for our March issue deadline.

FOURTH-GRADER IS WINNER IN NATIONAL ESSAY CONTEST ON EDUCATION

SAN FRANCISCO -- Christine Robinson, a fourth-grader at G.W. Carver School, is the winner in the Kodak/Alan Page Challenge in the Great Cities.

For making the connection between education and life's choices in a 150-word essay, Robinson will receive a Kodak 35 mm camera outfit and a \$100 U.S. savings bond. The essay responded to the statement: "Alan Page says, 'With an education, the future is yours.' Here's what that means to me." Her essay was chosen by a panel of elementary school educators from 258 entries submitted by San Francisco students.

The Challenge, sponsored by Eastman Kodak Company, Alan Page, former National Football League star and current Minnesota assistant attorney general, and the Council of Great City Schools inspired more than 23,000 students in 45 cities nationwide strong statements about the link between a good education and successful adult lives. Last fall marked the first time that the NFL became affiliated with the Challenge contest.

"The essays paint a vivid, inspirational picture of childhood ambitions and expectations," said Kodak chairman, president and chief executive officer Kay R. Whitmore. "The most prevalent theme children returned to repeatedly was that education offers choices and that the lack of education could eliminate their opportunity to choose their profession and lifestyle as they become adults."

The essays indicate that at this young age, students are focused on the com-

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Applications will be accepted before and at the first class, April 21. (Location to be announced.) Further information and applications for the 1992 MAKE*A*CIRCUS Teen Apprentice Program may be obtained by calling MAKE*A*CIRCUS, Elaine Shen, 415/776-8477 or writing to MAKE*A*CIRCUS, Ft. Mason Bldg. C, Room 200, San Francisco, CA, 94123.

INTERVIEW

DISCIPLINE IN THE
PUBLIC SCHOOL
SYSTEM

by Julie Kavanagh

There are at least two sides (often more) to every story. This story, about the disciplinary procedures in the San Francisco Public Schools is typically bureaucratic (and that means complicated). It seems that Neighborhood Legal Assistance Foundation, the Volunteer Legal Services Program of the Bar Association of San Francisco, Legal Services for Children and the American Civil Liberties Union of Northern California met last November with Superintendent Cortines and School Board members Tom Ammiano and Leland Yee to discuss the disciplinary policies and procedures in our schools.

The practices of suspending students and disciplinary transfers were among those discussed.

The School District feels that these practices are necessary to ensure a safe place for learning for children in San Francisco, but has agreed that the number of school suspensions could be

reduced. The legal advocates are concerned about a number of things. They want to make sure that a suspended or transferred student is given the fair treatment of due process, as in a court of law. They are also concerned that families are not given information on the disciplinary process in their own languages, thus they may not understand what is going on. They say that parents and students are not informed properly of their right to appeal an expulsion. There is no system for following up on a student who has been expelled, suspended or transferred, and the legal advocates are afraid that many students are forever lost from the school system. They maintain that disciplinary transfers are very detrimental to a student. If a student is considered unmanageable by teachers and administrators, he/she is transferred to another school. Often the student's reputation follows to the new school. Negative expectations are a self-fulfilling prophecy, so many students end up being shunted from one school to another, to another, etc.

The School District has agreed to try to lower the number of suspensions. They agreed to have the District make available all the notices (written or verbal) to parents regarding disciplinary actions in their primary/native language. The District has agreed to review the way that "evidence" is presented in expulsion hearings, and has agreed that hearsay testimony is inappropriate. The School District has agreed to consider utilizing members of the task force made up of the legal advocates in developing in-service training and disciplinary procedures for school administrators, etc.

The question of discipline is tough,



in my personal opinion. It is not good to suspend or expel a student, and have him/her just out wandering on these streets. It is not safe for them, and they are not learning anything either. Of course, I'm aware that there are a lot of "wild" children in the schools today, and that the wildest can hurt others...also not good. So what can a teacher or principal do? We can't let kids hurt one another, can we? We can't just throw up our hands and quit. We can't deprive kids of an education, which is

every child's right in the US.

What do you think? Have you, or anyone you know, had any experience with the Public Schools in San Francisco in regard to the disciplining of students? Would you like to be heard? We will be glad to print or to pass on any information you think might be important. We'd like to see a dialog on this, and be able to develop some constructive suggestions to pass on to the schools. What do you think would work?

DO WE CARE ABOUT
ALL THE STUDENTS IN
SAN FRANCISCO?

by Leland Y. Yee, Ph.D., NCSP,

Although schools are designed to educate, suspension and expulsion are two school functions which contradict that primary mission. In the former case, students are not allowed in or near their schools upward of five continuous days or no more than 20 days per school semester. If expulsion is the punishment, the school district divorces itself completely from the student. Unlike suspension, in which a teacher may assign homework to the student and is

short-term, expulsion is a total separation and is long-term. Staff does not have any further responsibility for the youngster's education. To be repatriated, the student must petition the district. If the individual has not fulfilled the terms of the expulsion, the re-admission is denied. The length of expulsion ranges from the remaining to the next school semester and beyond.

Pushing these troubled youngsters out of our schools does not reduce the discipline problem. Expulsion as a form of punishment is ineffective. Excusing students from school often produces the opposite effect. It is viewed as a short vacation from learning. Moreover, expulsion does not help youngsters understand the causes for

their problems, nor the appropriate behaviors to resolve them.

While some of the offenses may be rather extreme, such as drug dealing, extortion, or assault, they are after all committed by our students, our children. By removing them from school, we are saying that we cannot help them; we have failed them. We will be letting into society individuals who will continue such misbehaviors and their problems will only get worse. The schools should be educating children to become contributing members of society and not producing future felons. We are not only failing those students, but also their families and communities. We are exiting from our school system and into society students who have very little skills and tremendous resentment and anger.

The current disciplinary system is not only counterproductive, but also violates student's civil rights. Due process has become not only an abstract for students and their parents, but also for the school district. Information used to convict students during expulsion hearings are seldom questioned or their veracity ascertained by an unbiased source. Witnesses and statements against students are seldom challenged. Parents are poorly informed of their rights of the potential impact the proceedings may have for their children.

I have seen school officials use uncorroborated information to convict students, expel special education students without due process notwithstanding that the current protection for the expulsion of special education students came from a landmark case in San Francisco (*Doe vs. Maher*), or improperly informing language minority parents about the expulsion.

Other common problems include staff delaying the presentation of expulsion cases to the Board of Education for adjudication. If advocates are present at hearings, students' sentences are often less severe. Expulsion criteria change with each student. Extenuating circumstances are considered immaterial. Taken together, the judicial system treats adults with greater fairness and humanity than the Board does with students.

In an attempt to protect the general student population, other students' basic civil rights are often ignored. Their welfare is forgotten and their education is eventually lost. A balance must be restored.

Assemblywoman Lee's bill (AB 2140) brings much needed and long overdue reform to the suspension and expulsion process. Her legislation represents a Bill of Rights for suspended and expelled students. Their civil rights will be acknowledged, and some fairness will be regained. Her bill will require that information presented at these hearings can be verified and challenged. Witnesses must be present, and can be cross-examined. Hearing notices will be presented and proceedings conducted in a language that the student and parents can understand.

This bill will not address all the deficiencies within the system. One glaring omission is students is students and parents lacking a strong and informed voice in the hearings. What is eventually needed is a system of free or low cost legal assistance to help represent these students. Often when advocates are present, the facts of a case become clearer, and Board members will not feel they have placed another student though another kangaroo court.

rounding community.

*A grant of more than \$15 thousand was approved by the Koshland Committee of the San Francisco Foundation for the Geneva Towers Recreation Program.

*Johnny Nelson, manager of Mila's Video on Leland Ave., released an album of spicy Latin music entitled "Si Me Ves Diferente" (If You Find That I Have Changed) on the local Mila's enterprises label.

Sen.
Quentin
Kopp

On behalf of the San Francisco First Amendment Coalition, I write to notify you that on November 5, 1991 the voters of the City and County of San Francisco

by a 73% majority, adopted the following declaration of policy:

"We the people of the City and County of San Francisco reaffirm our unqualified support for the First Amendment of the Constitution of the United States which reads:

'Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise therefore; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.'

We hold that these provisions particularly as they relate to freedom of expression, are absolute and without exceptions. We oppose any and all efforts of government, at any level, to regulate or restrict the content of the print, broadcast, and electronic

media, the visual and performing arts, and music. We call upon the State of California and the Government of the United States to cease and desist all efforts to restrict freedom of expression and ask that no city funds be used in manner contrary to the spirit of this initiative.

We ordain that the community standards of the City and County of San Francisco are diversity; tolerance and the rejection of every form of censorship."

The policy declaration is commonly referred to as the First Amendment Initiative. It is now the official policy of the City and County of San Francisco.

GRAPEVINE
VISITACION VALLEY

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Executive Director: Julia A. Kavanagh

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WE GET LETTERS...

To Mayor Frank Jordan:

San Francisco is a diverse and complex city facing years in which its citizens, especially those with the least resources, will have ever greater need of a library system able to fulfill its public mission.

The Council of Neighborhood Libraries opposes any further cuts, either cuts that would impact branch/reading center sites, or cuts impacting technical and Main library services which in turn affect the total system.

The major bond issue and private funds campaign for the New Main was successful because that facility was promoted as becoming the keystone of an enhanced, integrated, citywide system. Now there is the prospect of an expensive new facility only partially open, understaffed, without the essential complete and expertly programmed online catalogue, plus substantially reduced public access to service delivery points which are the foundation of the library system. Public support for the concept of the New Main diminish rapidly under the impact of reduced neighborhood services. Branch/reading center sites are essential for the majority of San Franciscans,

especially for children.

The overriding assumption for consideration of the SFPL budget must be the this relatively small, basic service department has already been so substantially decimated by budget cuts of the past four years that neither service levels nor infrastructure are even minimally adequate.

The State made a special exception to the local underfunding of the SFPL for 91-92 in order that the city not lose State monies; SFPL stands to lose at least \$300,000 in State funds for 92-93 if further cuts occur.

When Cleveland has a per capita

book budget of \$9.80, how can San Francisco consider itself a first class city with a corresponding budget of \$2.78?

One million seven hundred thousand dollars (a minute portion of the city budget) restored to the library budget is perhaps the most cost effective service delivery you can provide to San Francisco citizens and neighborhoods in 92-93.

Find the Funds!!!

Karen Crommie
Marty Kashuba
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YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK.

ARTHRITIS "AUTO ROUND-UP"

The Arthritis Foundation, Northern California Chapter is conducting an "Auto Round-Up" to raise funds for arthritis research and local patient services. Individuals and businesses are urged to donate cars that are in running condition for the "Auto Round-Up". Those donating will have a tax deduc-

tion based on the vehicle's full fair market value.

The Arthritis Foundation is the only national organization seeking the cause, prevention and cure for arthritis, the number onecrippler of Americans.

For more information about the "Auto Round-Up", please call the Arthritis Foundation, Northern California Chapter office at 1 (800) 464-6240.

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VISITACION VALLEY MIDDLE SCHOOL ESSAY CONTEST

Dr. Martin Luther King Jr.

Dr. Martin Luther King Jr. was a great civil rights leader. He tried to bring together all people. He tried to speak up for all people. He tried to make equal rights for people. Like the blacks had to sit in the back of the bus, they had to go to school that was only for blacks, and more. But he wanted equal rights and stood up for it. He won a Nobel Peace Prize in 1964 for bringing all colors together.

If there was no Martin Luther King Jr. people of all colors would be segregated. Certain people of colors would go to a certain school for them. Like now, if it wasn't for him I would be in a school with people of my color. But he stood up for that. I appreciate and love what he done for us.

On 1968, He was assassinated. Now we celebrate his birthday the third Monday in the first month. He was a great civil rights leader!!!

Mr. King, A Hero

Martin Luther King Jr. is a boy who was born on Jan. 15, 1929 from a happy black family in Atlanta, Georgia. he was an ordinary boy who liked to play the all American game, football. He also likes to play baseball and basketball. In every game, He always won, but he is not a bad winner, he was a very wise boy. Every time he saw a boy or girl bothering someone, he always tried to stop them. Since he was a little boy, he always wondered how come white people went to different schools than the black ones. Since that day, his questions grew a little bit bigger, that even the movie theaters were one of his questions. The boy thought it was unfair. One of his experiences was when his family tried to go to a white restaurant and they were Kicked out.

Martin is a very smart boy, spending his allowances on books. By the time he was fifteen,

he went to college. As he grew older, he followed his father's footsteps as being a minister. People always loved the articulate young man. They always loved the way Martin talked. His words made the people firm, but kind. He was trying to mold the people about the racism and do something about it. That day, the heat started.

One day when Martin rode on a bus, he saw the most horrible sight that a person can see. A white man came and there were nowhere to sit so the driver yelled the poor Rosa Parks, the black lady who started the Bus Boycott which Martin supported. Bus Boycott is when all the black didn't take the bus for a whole year, they rather take taxi, ride with a friend or just walk. But they believed that fighting don't do anything but this time they were wrong. They started to fight until the law was changed. All of the black people thanked Martin.

Martin Luther King changed all the unfair laws all over the country. He tried to tell everybody, black or white to love one another. That made him the winner of the 1964 Nobel Peace Prize. Everybody was happy but one man.

In 1968 the whole world cried for the brave young man had died. He was assassinated by a man who didn't like his ideas. From that day Martin had left a space in everyone's heart. He died but he wasn't forgotten.

Dr. Martin Luther King Jr.

Martin Luther King was born in 1929. He was a great man and he helped all people. He tried his best to help blacks, and he got a chance to help people. He boycotted the bus station because the bus station made black people seat in the back of the bus, he did a good job on that too, so after the boycott he was very happy some things were alright.

Martin dream was for all humans to

be together. He tried all the things he could do to stop the segregation. He tried the boycott the bus and other things. He was the greatest civil rights leader there ever was. He would always be remembered by schools people and

places. A lot of people love him too. Some people doesn't like integration and the people who doesn't like integration doesn't have much respect for what Mr. King did for all humans. He wanted to march for all people. He always wanted peace.

Rest In Peace Mr. King

BILLY HUTTON TRACK CLUB STARTS SEASON

The Billy Hutton Track Club, which has produced two national record holders, opens its 8th season Saturday, March 7, 1992. The Club operates as a project of the Tides Foundation and is sponsored by the Department of Physical Education at San Francisco State University.

The Billy Hutton Track Club provides Bay Area boys and girls ages 7 - 16 five months of daily instruction and workouts, quality coaching, and supervised travel to regional, district and national competitions. Visitacion Valley youth are fortunate to be able to participate in the Billy Hutton Track Club under the mentorship of local coach, Billy Ray Smith. No previous track experience is necessary, and new members in the 7 - 10 age group are especially encouraged.

At the Nationals last season, the Club's Bantam Girls (9-10 years old) raced to national championships in both the 4x100- and 4x400- meter relays, and Tonia Broden set a national Youth Girls (13-14) record in the 100-meter hurdles and won a gold medal in the 200 meter hurdles.

Registration for the Club will be held

Saturday morning, March 7 from 10:30-12:30 at San Francisco State University track at Cox Stadium. Daily coaching and training sessions begin on Monday, March 9 at SFSU track from 4:30-6:00pm.

Registrants are required to submit a copy of their birth certificate and to sign the Club's Code of Conduct contract. Registrants must bring \$12 for membership in TAC (The Athletics Congress, the governing body for track and field in the U.S.) and \$75 for Billy Hutton Track Club dues for the March-July season.

Club dues represent only a small fraction of the Club's cost of sponsoring an athlete. The Club's expenses are principally met through charitable contributions to the Tides Foundation/Billy Hutton Track Club by individuals, corporations and foundations. A reduction or waiver of the Club dues may be granted in cases of need.

Club meets begin in April. The program concludes the end of July with the Club's participation in the country's most competitive youth track meet--the TAC Junior Olympic Nationals, to be held this year in Southern California.

Parents who have questions may call the Club at (415) 668-1329.

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By Joseph Porter

YVONNE

The Pioneer Hotel, in Woodside, one hour's drive down the Peninsula, was a well-known landmark reminiscing of the Wild West. It had the oldest bar in California. Though no longer used as a hotel, it was open to the public as a gourmet restaurant and cocktail lounge.

I made it a habit to go there most Saturday evenings, to sit in the lounge, set up my easel, and do quick portraits for a couple of dollars.

I had the freedom of the place and was welcome at any time, as I was considered good entertainment for their patrons. The clientele was exclusive and well-behaved.

I became a regular fixture for nearly twenty years. I used the interior of the restaurant as a showplace for my paintings, which were selling at a faster rate than in most galleries. I was well liked and spoiled by my good friends, the Cominolis, who owned the place.

It was an escape for me, to get away from the house where I was constantly tied down with painting, taking care of an invalid wife and giving art lessons. It was a welcome change and I made many friends.

Among my fondest memories, I recall the time when Yvonne was the hostess. Young, slim, immaculate in appearance and regal in bearing, she was a living doll. Wearing new evening gowns every weekend, with stylish coiffures and flattering makeup, she looked in every respect like a model out of a fashion magazine.

In truth, she was a model, although not a professional one. She was rewarded with free dresses and cosmetics while advertising for neighboring boutiques. A sign in the lobby listed the stores that carried the styles worn by the hostess. By all standards, she was a ravishing beauty.

Since I was the artist in residence, imbued with a touch of glamour, she decided, in her adolescent mind, that she had a crush on me. She was twenty-eight years old. I was her senior by twenty years, and married. That did not deter her. She would get me in corners and kiss me. I, being a gentleman, was expected to submit and respond. What agony!

She was not satisfied. She wanted

me to go to her apartment after work, make love to her and wait until she was asleep in my arms. Then I could leave her and go to my wife. That was her dream, but I refused to cooperate.

It was not that I was a paragon of virtue. Far from it, but I have my own standards. Yvonne simply wasn't my type. I could not tell her that, lest I lose her friendship. My excuse was that I was married and I did not want an affair. An occasional kiss would keep her contented and happy.

That went on for several years while she kept telling everybody we were lovers. It could do no harm since I refused to see her outside the club.

She became more and more passionate and demanding, and one day she told me if I did not make love to her, she would kill herself. I

refused to believe her and called her childish and immature.

When I answered the phone a few days later, I was told Yvonne was in the hospital, recovering from an overdose of sleeping pills, and that she was asking for me.

I went and we had a long and serious session. I told her I loved her as a dear precious friend and I tried to make her understand that under the circumstances it were best not to see each other again. Then I resigned from the Club.

That was the end of it. She kept calling at the house. My wife was bedridden and was taking all of the calls.

"Who is this woman who keeps calling you?"

"She is a friend, and she is sick. I wish you'd get rid of her."

She did, Yvonne stopped calling.

Years went by. In the meantime my wife had passed away.

One day the phone rang. "This is Yvonne." After a few greetings, she said, "I just wanted you to know that I am happily married, and I would like you to come over and meet my husband."

Spurred by curiosity, I dropped in unexpectedly a few days later. She came to the door. I hardly recognized her. What had become of the glamorous mannikin? Where was the flair and the allure and the sophistication?

She had gained at least twenty pounds. Her hair was loose to her shoulders. No makeup covered her face. She wore a plain housedress which allowed her ample breasts to wobble at her slightest movement. Her derriere was in keeping with the rest of her figure, undulating provocatively at every step.

She introduced me to her husband, a quiet man much older than she, but I was not listening. I kept staring at her figure. Suddenly she had become the most desirable woman I had ever seen - voluptuous, fantastic, capable of arousing my most erotic fantasies.

How could I possibly have denied such a glorious creature? Now that I could not have her I wanted her.

Nobody can analyze our preferences, our likes and dislikes. I never could abide a slim, slender woman. As a pillow partner, I always had a penchant for voluptuous women, warm, soft, palpable. Especially today, when thinness is overemphasized, do I resent a woman who, looking starved, shapeless and sexless, flaunts her thinness, bragging about her figure.

I recall the days, at the turn of the century, when 'Good Housekeeping' magazine used to feature recipes of coconut cream pies to induce their women readers to achieve that plump figure men love so much.

Thinness today is a fad, something that cannot last. It is against nature and all common sense. Undernourished is as much a sickness as overnourished. Fortunately, all is not lost. The world is no danger of losing its voluptuous women. Nature is fighting back, and the more women insist in going on reducing diets, the fatter they get.

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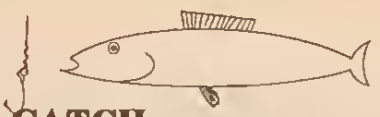
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The Puzzler...

by Anne Kaartunen

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FRIENDS
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EUGENE
FIELD

LITTLE BOY BLUE

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Word list from poem on this page by Eugene Field

Origins of the Black Press

part two

Another pioneer of black journalism served with Rev. Samuel Cornish when he began editing the Weekly Advocate in 1837.

Philip A. Bell was the proprietor of the New York weekly soon to be retitled the Colored American in March.

Born in 1808, his militant style of reporting led many writers to refer to him as the "Napolcon" of the black press.

When Cornish retired in 1839, Dr. James McCune Smith joined Bell as co-editor of the Colored American. Bell in turn left the newspaper in Smith's hands in 1841.

Arriving in San Francisco nearly two decades later, Bell went to work for Peter Anderson's newly founded Pacific Appeal, which began publication in 1862.

Anderson's newspaper was the second black journal to be published in San Francisco, following in the footsteps of Mirror of the Times, founded in 1856 by delegates who attended the first Colored Convention of California in Sacramento the previous year.

Mirror of the Times was edited by Mifflin W. Gibbs and John H.

Townsend.

Bell's association with Anderson and the Pacific Appeal deteriorated quickly as the two argued constantly over the various issues presented in the newspaper's pages.

After only four months, Bell left his editorial post and eventually started a competing newspaper, the Elevator, founded in April 1865.

For more than a decade the two editors were bitter rivals, their opinions continually clashing in their journals, until the Pacific Appeal suspended publication in the late 1870's.

Bell strongly advocated political and civil liberties to all blacks who were American citizens, arguing strongly for everything from better black education to the state of the black labor movement.

After 20 years of publishing the Elevator, save for a brief period in 1872 when financial problems saw him selling and later reacquiring the newspaper from Alexander Ferguson, a serious illness finally forced Bell to retire in 1885 at the age of 77. He died four years later on April 24, 1889.

Publication of the newspaper was assumed by the Elevator Publishing Company, which ran the newspaper for another 14 years before its demise in 1899.

THIS MONTH In San Francisco HISTORY

Mar. 1: In 1859, the seal of the City of San Francisco was adopted.

Mar. 3: In 1950, the old Third Street Bridge at Islais Creek, having been redesigned into a six-lane roller bearing span, was reopened.

Mar. 4: In 1934, the Easter Cross on Mt. Davidson, for many years the site of an annual sunrise service, was officially dedicated.

Mar. 14: In 1870, following debates and compromises between the municipal government, land owners and squatters, a legislative act was finally passed reserving land to develop Golden Gate Park. In 1896, Adolph Sutro, then Mayor of San Francisco, opened his world famous Sutro Baths adjacent to his Cliff House. Sutro Baths was destroyed in a mysterious 1966 fire.

Mar. 18: In 1849, a pre-gold rush census was taken of San Francisco's adult white population, listing 575

males, 177 females, and 60 children of school age. In 1850, the municipal government declared that all land titles made or any forms of sale were illegal unless approved by the Town Council or elected alcalde.

Mar. 22: In 1957, an earthquake registering 5.3 on the Richter Scale shook the Bay Area at 11:45 a.m. Two lesser tremors had been felt earlier that day. In 1963, the last prisoners were removed from Alcatraz, a federal penitentiary for nearly 30 years.

Mar. 26: In 1851, titles to all lots located below the high water mark within the limits of the City of San Francisco were officially relinquished by an act of California legislature. In 1855, Washington St. between Dupont (Grant Ave.) and Kearny Sts. became one of the first paved streets in the City.

Mar. 28: In 1853, the lighthouse on Alcatraz Island, one of several under construction at various locations, was completed.

Mar. 29: In 1856, the English clipper ship "Florence Nighengale" set a new record from London to San Francisco, making the voyage in 121 days.

Mar. 30: In 1854, the new United States Branch Mint, a three story structure on Commercial St. near Montgomery, was completed at the cost of \$296 thousand.

They Were San Franciscans

FLORENCE FRIEDMAN

As Visitation Valley Community Center turns 74 this month, festivities will celebrate the charitable efforts of its distinguished late founder, Miss Florence P. Friedman.

Born March 17, 1887 in Leemoore, a small town about 30 miles southwest of Visalia, California, Miss Friedman was a descendant of pioneering grandparents having emigrated from Germany in 1861.

She first attended school in Stockton, until her family moved first to Oakland and eventually to the City's Mission district.

After graduating from Girl's High School, Miss Friedman spent a year in Chicago attending the Lewis Institute of Technology, volunteering her spare time as a social worker under Jane Adams at Hull House.

She returned to San Francisco to complete her training as an instructor at State College.

Visitation Valley was little but rural village when Miss Friedman arrived in 1909 to teach all eight grades on a rotation basis at Visitation Valley Elementary School.

When the United States entered the First World War in 1917, the Army took over the nearby Southern Pacific Railroad yard, encamping troops ready for battle.

With a modest government allotment of ten dollars a month, Miss Friedman volunteered her services as direc-

tor of the War Camp Community Service Center, setting up facilities on March 14, 1918 in a small wooden building still standing at 101 Raymond Ave. at the corner of Alpha St.

With the signing of the armistice came a termination of government funds, but donations from other sources kept the center in operation.

Miss Friedman visualized the expanding neighborhood one day outgrowing the center's cramped storefront quarters, and secured a spacious site on the north side of Raymond Ave. half-a-block down towards San Bruno Ave.

She engaged the services of more than 200 local workers who labored tediously on Sundays and holidays to make the new center a reality. Generous local contractors and residents donated building materials and equipment.

Located at 66 Raymond Ave., the Visitation Valley Community Center was officially incorporated in 1922.

In 1941, a two-story building was complete at 50 Raymond Ave., housing a ballroom, classroom and administrative offices.

Miss Friedman retired as the center's executive director in 1959, moving to Peabody St. after decades of residence in the center's upstairs apartment. She remained active in neighborhood affairs until a hip injury necessitated her 1981 moving to a nursing home. She died on April 28, 1984 at the age of 95.

As the Community Center celebrates its anniversary, the spirit of Miss Friedman lives on.

LITTLE BOY BLUE

by Eugene Field (1850-1895)

The little toy dog is covered with dust,
But sturdy and staunch he stands;
And the little toy soldier is red with rust,
And his musket moulds in his hands.
Time was when the little toy dog was new,
And the soldier was passing fair,
And that was the time when our Little Boy Blue
Kissed them and put them there.

"Now don't you go till I come," he said,
"And don't you make any noise!"
So toddling off to his trundle-bed
He dreamt of his pretty toys.
And as he was dreaming, an angel song
Awakened our Little Boy Blue--
Oh, the years are many, the years are long,
But the little toy friends are true!

Ay, faithful to Little Boy Blue they stand,
Each in the same old place,
Awaiting the touch of a little hand,
The smile of a little face,
And they wonder,

As waiting these long years through,
What has become of our Little Boy Blue
Since he kissed them and put them there.

Message for Black Americans: Health is Life

One by one, Americans have been learning that lifestyle factors, including diet, can affect their risk for chronic illness such as cancer and heart disease.

This wave of information has not spread evenly however, and pockets of the population continue to suffer higher rates of these life-threatening illnesses. The poor are at greatest risk, and Black Americans comprise a disproportionate number of our nation's poor.

How can concerned groups get the word out where it's needed? A recent project launched at the 1991 National Urban League annual meeting says make the communication culturally sensitive and make it relevant to specific interests.

Seven posters designed for Black Americans within specific

demographics -- pregnant women, children, adolescents, the elderly -- are being jointly promoted by the National Urban League (NUL), the Food Marketing Institute and the Food and Drug Administration's Office of Consumer Affairs.

All the posters in the series carry the legend, "Health Is Life", with special messages for different groups shown with colorful, lively illustrations. Expectant mothers are advised "Everything Comes From You...Nutrition Is the Key to a Healthier Baby." And teens get the rap, "Health Is Hype."

Mo' Better Bodies
Is The Way to Be
Stay Healthy and Eat
Nutritiously

"This project is an important first step in introducing nutrition education to a segment of the population that is often left out of many health information channels," said Alexander Grant, associate commissioner of consumer af-

fairs at FDA.

In addition to the poster campaign, demonstration projects in ten cities are being planned to offer nutrition training workshops for inner-city health coordinators.

"The goal is to reach under-served populations with the 'Health Is Life' message," Grant said. "The program will offer professional guidance so that these populations can understand how wise food choices can have a positive effect on their health and the health of their families."

Health Is Life posters can be ordered from the National Urban League for \$5 each or \$21 for the complete set. To receive an order form showing all seven posters, contact IFIC Food Education Foundation, 1100 Connecticut Ave., N.W., Suite 430, Washington, D.C. 20036.

CLASSIFIED

PRIVATE PARTIES ONLY. Up to 20 words for \$1.00. Additional lines 50 cents each. Deadline is the 20th of each month prior to publication date. Mail your ad with a check to: Visitation Valley GRAPEVINE, 50 Raymond Ave., San Francisco, CA 94134

BROWN INTRODUCES
NEEDLE EXCHANGE BILL

from page 1

alcohol and condoms.

A recent Yale study of a needle exchange program in New Haven estimated that the program would result in a 33% reduction in HIV transmission.

The National Commission on AIDS recently reported that, "fears that needle and syringe exchange and distribution programs might encourage drug uses and create a new class of drug injectors have not materialized."

Finally, the Commission recommends that laws and regulations that block implementation and study of needle and syringe distribution programs be repealed.

ESSAY CONTEST

from page 1

pletion of their education and show no signs of giving up, page noted. "With the dropout rate climbing above 30 percent across the country, we must look carefully at what happens to these students as they get older," Page said. "We need to close the gap between the students' expectations in fourth grade and their discouragement by the time they reach high school. And we need to find out what turns off to school in between." Grand Prize Winner

Every student who entered the contest will receive an autographed poster of Page bearing the words, "Stay in school. You're too good to lose."

The Kodak/Alan Page Challenge in the Great Cities is the latest chapter in an ongoing program that takes Page to urban classrooms around the country to discuss how education is the key to a student's future. Kodak began sponsoring Page's classroom visits in 1988, after Whitmore heard Page's remarks during induction into Pro Football Hall of Fame. In his speech, Page challenged the nation's urban parents to take a more active role in the education of their children.

MAYORS OF
SAN FRANCISCO

Cornelius Garrison

San Francisco's fifth mayor, Cornelius K. Garrison could probably have been considered one of the City's most influential businessmen. He managed to get nominated and elected to the top post within six months of arriving in the Bay Area.

Known affectionately as Commodore Garrison because of his lifelong affiliation with the shipping business, he began his experience at an early age.

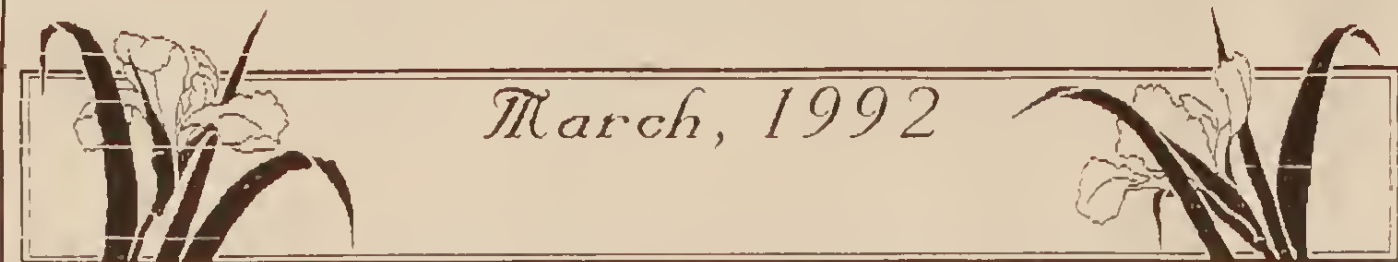
Born at Fort Montgomery, New York on March 1, 1809, Garrison left home at 13 to pursue his dream of working on boats navigating the Hudson River. After a few years, he enrolled at a New York university to study architecture, eventually gaining steady employment around the Great Lakes as a shipbuilder.

Moving to New Orleans, Garrison decided to concentrate his efforts in operating a shipping line, but was discouraged when a disastrous steamboat fire destroyed his entire assets.

Following the cue of many a forty-niner, Garrison travelled west in February, 1849, but stopped in Panama City, then the treacherous halfway point of all westward sea journeys.

In late March, 1853, Garrison transferred to his steamship employer's San Francisco office, experiencing the growing commerce, and consequently, problems of the expanding community.

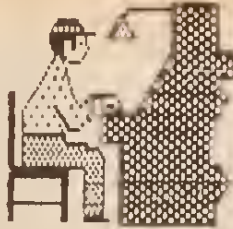
Becoming a prominent figure among



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 VVCC BINGO * REBECCA LEE FIRST BLACK FEMALE M.D. GRADUATED MARCH 1, 1864	2 	3 BIRTHDAYS: ALEXANDER GRAHAM BELL, JEAN HARLOW, MARY KAVANAGH- MYERS	4 6:30PM VALLEYWIDE PARENTS COUNCIL	5 11:30 VVCC SENIOR COUNCIL * 7:00-ROSES POTRERO PCR 900 MINNESOTA	6 7:00 PM VISVALLEY ASIAN RESIDENTS 66 RAYMOND	7 
8 1:00 VVCC BINGO * INTERNATIONL WOMEN'S DAY	9	10 6:00 VVCC PARENTS COUNCIL * 7:00 ELDORADO NEIGHBORS 70 DELTA ST	11 SENATE PASSES CIVIL RIGHTS BILL OF 1968	12 BIRTHDAYS: AL JARREAU, JAMES TAYLOR WALLY SCHIRRA	13	14 HAPPY BIRTHDAY: ALBERT EINSTEIN
15 1:00 VVCC BINGO	16	17  HAPPY ST. PATRICK'S DAY BEGORRAHI	18	19 BIRTHDAYS: WYATT EARP, IRVING WALLACE, BRUCE WILLIS	20  FIRST DAY OF SPRING!	21 FOUNDERS DAY: VISITACION VALLEY COMMUNITY CENTER AFTERNOON PROGRAM
22 1:00 VVCC BINGO	23 HAPPY BIRTHDAY, FANNIE FARMER... AND THANKS FOR THE CANDY!!	24 7:00 EL DORADO NEIGHBORS AT SCHOOL 70 DELTA	25 ON THIS DAY IN 1900, SOCIALIST PARTY FORMED IN INDIANAPOLIS IND.	26 ROBERT FROST'S BIRTHDAY	27 3:00 PM VISVALLEY IMPROVEMENT CLUB 66 RAYMOND * SARAH VAUGHN BIRTHDAY	28 9:30 AM VVCC BOARD MEETS
29 1:00 VVCC BINGO LAST SUNDAY DRAWING	30 1981 RONALD REAGAN SHOT- HE SAID TO DOCTORS... "PLEASE TELL ME YOU ARE ALL REPUBLICANS"	31 				



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FOLLOWING MONTH'S ISSUE.



the ranks of the City's top businessmen, Garrison's name was mentioned as a nominee for mayor. Campaigned as a candidate who could organize an even then financially strapped city budget, he was soon elected and inaugurated mayor, assuming office on October 3, 1853.

During his year in office, Garrison's administration saw several ideas implemented to improve the City's many rough edges. Nearly \$2 million in bay water lots were sold; several new firehouses were constructed, as were a number of the City's first strategically located cisterns; solidly built schools replaced many rustic shacks as the first public schools; a telegraph line completed from Point Lobos to Telegraph Hill provided important maritime information; streetlights illuminated with coal gas were installed on some of the City's principal streets; and San Francisco's first organized landscaping was accomplished with the planting of trees and shrubbery in Portsmouth Square.

In the midst of Garrison's term, a new political party called the Know-Nothings challenged the established Democrats and Whigs, claiming the City was over-financed with high salaried politicians wrought with corruption. Lawyer Stephen P. Webb was nominated to challenge the incumbent in the fall mayoral election.

Despite his immense popularity with the townspeople, Garrison was nevertheless on the short end of their votes.

With three partners, he helped establish a local bank in 1856 before returning to his native New York in 1859.

Garrison assisted Union forces with his shipping expertise during the Civil War, receiving an honor from President Abraham Lincoln. He later founded yet another steamship company before

retiring on the East Coast. He died in New York City on May 1, 1885.

Garrison Avenue, which loops around the Geneva Towers in Visitation Valley, is named in his honor.

San Francisco
Educational Services
to Grow

Garry Bieringer, Executive Director of San Francisco Educational Services has announced that they will be moving to new quarters as of this coming July 1st. SFES, as it is affectionately called, will be opening the Southeast Educational Youth Center on the site of All Hallows School, which is on Lane Street, one block from Third Street. The Youth Center will offer dropout prevention programs, space for out-

reach workers, a computer center, a kitchen to teach basic food preparation skills, individual rooms for family counseling, educational and vocational assessments and one-to-one tutoring, a study hall room, glee clubs and drama clubs, science and art classes/exhibits, a video learning lab, a curriculum and lending library, a physical fitness and dance room and a dark room.

The Youth Center is a culmination of two years of planning on the part of the SFES Board and Staff. Mr. Bieringer states that the Youth Center could not have been accomplished without their active and enthusiastic assistance, and wishes to thank everyone who helped.

REGULAR MEETINGS OF CITY COMMISSIONS & BOARDS

Airports Commission	1st & 3rd Tuesday	3:00PM
Arts Commission	1st Monday	3:00PM
Board of Education	2nd & 4th Tuesday	7:00PM
Board of Supervisors	each Monday	2:00PM
Commission on Aging	1st Wednesday	9:30AM
Comm - Status of Women	4th Thursday	4:00PM
Health Commission	1st & 3rd Tuesday	3:00PM
Housing Authority Comm	2nd & 4th Thursday	4:00PM
Human Rights Comm	1st & 3rd Thursday	4:30PM
Library Commission	1st Tuesday	4:30PM
Planning Commission	each Thursday	1:30PM
Police Commission	each Wednesday	5:30PM
Port Commission	1st Tues & 3rd Wed	4:30PM
Public Utilities Comm	2nd & 4th Tuesday	2:00PM
Recreation & Parks	3rd Thursday	2:00PM
Social Services Comm	4th Thursday	9:30AM

The Society Page

Please send your announcements, invitations, photos, greetings, and other social items, whether hi-brow, low-life, serious or silly, to the GRAPEVINE, c/o VVCC, 50 Raymond Ave., San Francisco, CA 94134, or call 467-6400.



PHOTOS: George T. Kruse

Shirletha Holmes-Boxx and Brenda Haynes thank Assembly Speaker Willie L. Brown, Jr. for his continued support to the youth of Visitacion Valley.



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